

# CHALLENGE SUBMISSION FORM

1st Annual Pound for Pound Fitness Challenge

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NAME \_\_\_\_\_

AGE \_\_\_\_\_

CATEGORY(S) \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

Enter your scores for each discipline in the boxes below. A verifier must sign as a witness to be eligible for final awards. Event finals to be held on August 25-26 at the Fall Fair Comox Valley Exhibition

\_\_\_\_\_  
challenger's signature



DATE

**FINAL**

must be before August 15th, 2007

verifier signature

verifier (print)

PUSH-UPS

REVERSE PUSH-UPS

STANDING BALANCE

PULL-UPS (ELITE DIVISION)

TOTAL SCORE

# CHALLENGE REGISTRATION FORM

1st Annual Pound for Pound Fitness Challenge

NAME \_\_\_\_\_

AGE \_\_\_\_\_

CATEGORY(S) \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_

T-SHIRT SIZE \_\_\_\_\_

WEIGHT (OPTIONAL) \_\_\_\_\_

ENTRANCE FEE **\$10** /CATEGORY

MAKE CHEQUE PAYABLE TO:  
(NSF CHEQUES \$40)

BC CANCER FOUNDATION

OR

COMOX VALLEY SEARCH & RESCUE



## WAIVER

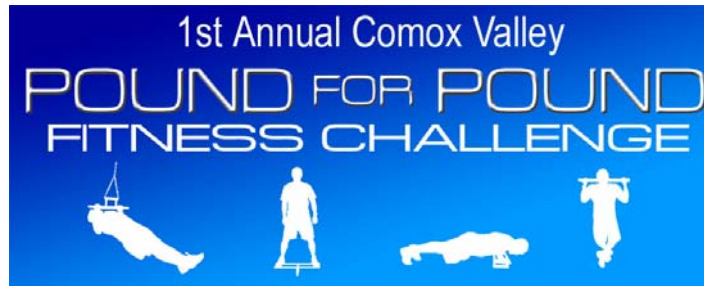
Waiver of Liability: In consideration of your accepting this entry I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors and administrators, forever waive, release and discharge any and all rights and claims for damages and causes of suit or action, that I may at any time have against the 1st Annual Comox Valley Pound for Pound Fitness Challenge, its organizers, committee persons, officials, and volunteers and all sponsors of the event, for any and all injuries suffered by me as a result of participating in this challenge. I attest that I am physically fit, am aware of the dangers and precautions that must be taken when undertaking this challenge. I will undertake proper instruction at my own cost to undertake this challenge in the safest way possible.

\_\_\_\_\_  
challenger's signature

\_\_\_\_\_  
date signed

\_\_\_\_\_  
parent or gardian signature  
if participant is under 19

\_\_\_\_\_  
parent or guardian name if  
participant is under 19



St.Jules Method Performance Products presents the fitness event of the summer to promote health through fitness. Four specific exercises have been chosen for this years challenge using the Stabilizer X-Board. These disciplines were chosen because they offer a full head to toe workout, improve core stability and balance, and strengthen your pushing and pulling muscles groups. These exercises have been assigned a specific point value for each full repetition and they are as follows:

Push-ups	1 point each
Reverse push-ups	2 points each
Standing balance	4 points per second (maximum 40 points)
*Pull-ups	3 points (elite division only)

## Registration

We recommend registering early to maximize your training time and to become eligible for the *most improved* category. To qualify for the *most improved* category you must have your initial scores verified by July 1<sup>st</sup>. Remember, being committed and motivated produces results. We look forward to your success. The finals will be held at the Comox Valley Exhibition on Saturday August 25<sup>th</sup>. Only the top 6 challengers from each category will be invited to compete in the finals.

Entrance fees - \$10

Please submit a cheque with your registration form made payable to:  
 BC Cancer Foundation (Dave Proctor’s Ride for the Cure) or Comox Valley Ground Search & Rescue  
 (There will be a \$40 charge for NSF cheques)

## Categories

<b>Males</b>	<b>Age</b>	<b>Award</b>	<b>Females</b>	<b>Age</b>	<b>Award</b>
Junior Boys	12-15	\$200	Junior Girls	12-15	\$200
Senior Boys	16-18	\$200	Senior Girls	16-18	\$200
Men’s Open	19-30	\$200	Women’s Open	19-30	\$200
	31-40	\$200		31-40	\$200
	41-50	\$200		41-50	\$200
	51+	\$200		51+	\$200
*Male’s Elite	open	\$350	*Female’s Elite	open	\$350
Male’s Most Improved	open	\$500	Female’s Most Improved	open	\$500
Male’s Bonus Challenge	open	\$250	Female’s Bonus Challenge	open	\$250

Award amounts may be in cash or retail valued prizes.

\*Pull-ups is the only discipline that separates the open and elite divisions.  
 All initial scores must be verified by July 1<sup>st</sup> to be eligible for the *most improved* category.

# Score Verification

- Comox Valley Fitness – Brett Hall – 703-0352
- Fitness Excellence – Barb Houle - 897-3552
- Advanced Athletics Training Academy – Marc St.Jules – 338-5552
- Bodynetix – Chris Ketch – 218-0691
- Determination Fitness – Steve Thomson – 703-6156
- Survival of the Fit – Ron Krayewski – 792-2880
- Equilibrium Lifestyle Management – Sarah Seeds – 338-8998
- Middle and Secondary PE Teachers (initial testing) – School District #71
- Police, Fire, Military – in house (no public verification)

## Becoming a Verifier

If you would like to be a verifier please contact Marc St.Jules at 338-5552 for additional information or email [info@stabilizertraining.com](mailto:info@stabilizertraining.com).

# Sponsors

At the heart of every successful challenge are the sponsors and volunteers. Their timeless effort and support create an atmosphere of success. The Comox Valley Pound for Pound Fitness Challenge is a positive, community conscious event, and offers your business the following sponsorship opportunities. Sponsorships are tax deductible and you will be given first priority for next years event.

## Category Sponsors - **SOLD OUT**

You may sponsor a category for \$200-\$350 on a first come first serve basis. All category sponsors will have

- Logo placement on all of the Pound for Pound Fitness Challenge posters
- Their name and/or logo placed in electronic event newsletters and updates
- Verbal recognition and endorsement of their product/service at the Pound for Pound finals
- Promoted as a category sponsor eg. “The Your Company Name Women’s Open”
- Present the award for your category at the Fitness Challenge Finals
- Free t-shirt

If you would like to sponsor a portion of the Fitness Challenge please be aware that the deadline for your logo artwork is May 15<sup>th</sup>. Please contact Marc St.Jules at 338-5552 for additional information or email [info@stabilizertraining.com](mailto:info@stabilizertraining.com) Thank you for your support. We look forward to hearing from you soon.

# 1st Annual Comox Valley POUND FOR POUND FITNESS CHALLENGE

## **Become a Verifier for the Comox Valley Pound for Pound Fitness Challenge**

### **What is a verifier?**

A verifier is a certified witness for athletes in the Comox Valley Pound for Pound Fitness Challenge. Challengers need to have their scores witnessed by an official verifier in order to qualify for awards and the final Pound for Pound event which is held at the Fall Fair Comox Valley Exhibition on August 25-26.

### **How do I become a verifier and what are the costs involved?**

There is no fee involved. If you are a fitness professional or avid athlete with an interest in a healthy community, you can become a certified verifier for the Pound for Pound fitness challenge. A short training course at Advanced Athletics Training Academy is all that you need to become a verifier.

### **What are the benefits of becoming a verifier?**

As a verifier, you will have your name, phone number and website printed on all of the challenge submission forms. You will be introduced to and interact with challengers requiring verification by an official in their area. You will receive a free t-shirt and offered a Stabilizer X-Board for wholesale. To increase your exposure you may want to sponsor a discipline and present an award at the Pound for Pound finals in August.

### **When do I need to make this decision?**

Verifier training needs to be completed as soon as possible. Registration forms will be available to challengers on May 1st. The sooner you are certified, the more exposure you will receive.

### **May I charge challengers when I verify them?**

No. 100% of the entrance proceeds raised by this challenge are donated directly to local charities. As a certified verifier, you are expected to offer your services (when you are available) free of charge. It is, after all, for a good cause. The exposure you'll receive and the relationships that you'll create, will be worth the time.

### **Who do I contact to become a verifier?**

Please call Marc St.Jules or Zac Whyte at 338-5552 or email [info@stabilizertraining.com](mailto:info@stabilizertraining.com).



# 1st Annual Comox Valley

# POUND FOR POUND FITNESS CHALLENGE

## Verifier judging rules for the Pound for Pound Fitness Challenge

1. push-ups: full range, all the way up and all the way down until your chest touches the x-board.
  2. reverse push-ups: full range, all the way down and as high as you can on the way up. Verifiers are to stop counting repetitions when the top height starts to fade (very hard to judge this one, we will go over this in person). The x-board can be no higher or lower than 32 inches and the x-board chain will be straight rather than angled ( we will go over this in person aswell ).
  3. standing balance: competitors have 60 seconds to achieve their longest hangtime. You will need a quick stop watch and a sharp eye. Stance is to be no closer than the inside grips ( we will review this in person ).
  4. pull-ups ( elite division ): full range strictly enforced using an inside neutral grip. All the way up, all the way down
- Bonus Challenge:** push ups with one foot off the ground, not touching the other foot. All the way up, all the way down.

